

from the kitchen

By Joan Pinkham

Seven years and reams of copy ago, Marshfield's own spritely weekly made its debut. From their two-room basement office, Mike Stearns and David Cutler put together the April 13th issue with the help of a staff of two, Suzy Cutler and myself. Now, three more weeklies and a move to larger offices later, Thursday is MARINER day for many. Then when this little column came into being we pointed out that here was an opportunity for our readers to exchange ideas and share their favorite recipes. Our ever-faithful Margaret Ward was one of the first to write, sending this dish designed to serve 8.

CHOW MEIN CASSEROLE

1 can Spam, diced
1 pkg. frozen peas
1/4 c. grated cheese
1/4 to 1/2 c. chopped onion
1 c. chopped celery
1 c. bean sprouts
1 c. cream of chicken soup, undiluted
1/4 c. cream
Chinese noodles, warmed

Layer Spam and peas in large greased casserole. Add cheese onion, celery and bean sprouts. Cover with soup, then with cream. Bake at 350

degrees 35 min. Serve over Chinese noodles.

As with all anniversaries, the MARINER'S 7th seemed like a good time to look back. In reading earlier columns, one gets the feeling there are an awful lot of good cooks around. Even six years ago we were concerned with the high cost of food, and Ken Henderson was trying to interest people in setting up a food coop — wonder whatever became of that idea. Even in 1974, readers were asking for meatless recipes, and Edna Hughes sent in this idea for a luncheon dish designed to serve 4.

TUNA JACKSTRAW

1 4 oz. can shoestring potatoes
1 can mushroom soup
1 can tuna
1 6-oz. can evaporated milk
1 3-oz. can mushrooms
1/4 c. chopped pimientos

Reserve 1 cup of potatoes for topping. Combine remaining potatoes with other ingredients. Pour into half-quart casserole. Top with remaining potatoes. Bake in 375 degree oven 20 to 25 min.

Another idea that has had its day is that of a Home-maker's Group which was

composed of a group of young women who met one evening a week in each other's homes to knit, sew or exchange ideas, have workshops and sometimes speakers. I managed to make one or two meetings and one recipe I came away with is this wonderful biscuit mix which you store in glass jars or tin cans, close tightly and whenever you want hot biscuits or muffins, with a few little additions, you're all set. Here's the basic recipe for

BISCUIT MIX

8 c. sifted all-purpose flour
1 c. dry milk
1/4 c. baking powder
3 tsp. salt
1 c. shortening or lard

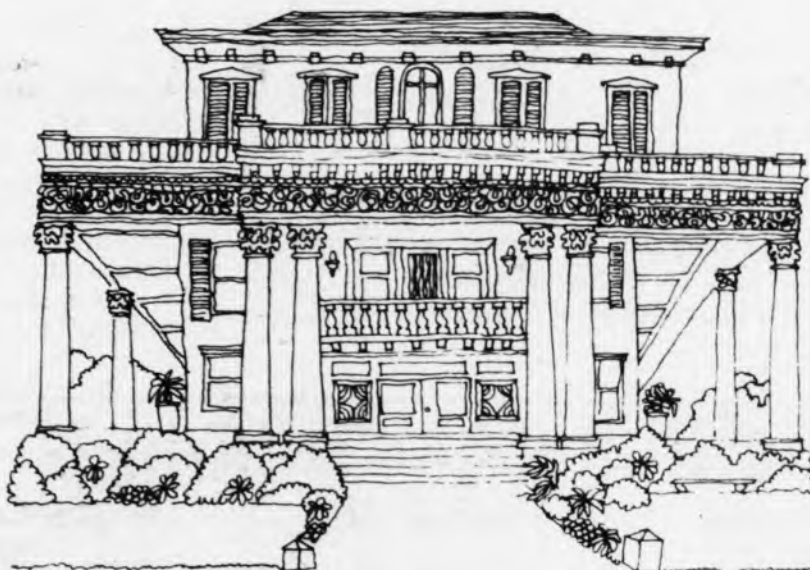
Sift dry ingredients together 3 times. Cut or rub in fat until consistency of cornmeal. Lift mix lightly into containers without packing. To make 12 medium-sized biscuits, measure out 2 c. of the mix and add 2/3 c. fluid milk or water. Combine lightly with fork or spoon enough so particles of dough still cling together. Turn into greased or lightly floured board. Pat out or knead 15 strokes. Roll 1/2" thick and cut. Bake on sheet in 450 degree oven for 10 to 12 min. Then, if you want to surprise your family with hot muffins for breakfast, or if

someone drops in for coffee, you just take:

2 c. biscuit mix
2 T sugar
2/3 c. fluid milk or water
2 T melted fat or salad oil
1 egg

Add sugar to mix. Combine milk and beaten egg and add to mix. Stir only til flour is just moistened — about 15 strokes — after the first five strokes, add melted fat. Fill greased muffin tins 2/3 full. Bake in a 425 degree oven for about 20 min. You can add blueberries, raisins, nuts, chopped apples, etc.

Most banks give loans to people who don't need them.



At South Shore, we figure that if you've got a home and you want to increase the value of that home with a bit of improvement, you're probably just the kind of customer we like having.

So, we're fast. In many cases, we can have your check for you within 24 hours. Our rates are good. And while you're here, ask how you can save a full percentage point off any loan over \$1500.

That's a good deal for you and a good deal for us. Because even when you no longer need a loan, you'll still need a bank. And it's a pretty sure bet that the bank you stay with will be us.

Home Improvement Loans for people who need them.

South Shore Bank



34 Banking Centers • Phone 472-1000 • Member F.D.I.C.

ANY ANTRON SALE

DuPont's Antron® III Nylon...the fiber for easy-to-live with, good looking carpet.

Available from Milliken, four winning carpets for your home.

Available from Milliken,
for your home. four winning carpets

CASALON P/1571

Subtle whispers of color inspired by the "Magic of Millitron™" highlight this beautiful saxony carpet. The autoclave heatset pile of Antron® III Nylon features excellent durability, soil-resistance, and low static. Available in 18 colors.

BRECKENWOOD P/1596

This classic cut-and-loop quality features a subtle Millitron™ design of beautifully blended colors...an outstanding fashion statement for the home. Antron® III Nylon combines the highest level of durability with stain and static resistance. Yarns are autoclave heatset for years of beauty and resilience. Available in 18 colors.

SUN MIST P/1563

Subtle multi-colors...beautiful and shimmering. Choose saxony (Sun Mist) or sculptured (Sun Isle)...individually or together in coordination. These carpets offer outstanding possibilities for the home. Each available in 15 colors.

TEXTURE MATES P/1576

A uniquely beautiful carpet of mingled Antron® III Nylon featuring two subtle geometric designs and a highly textured multi-level loop pile. Also features Scotchgard® Carpet Protector and 3M Static Control. Available in 10 colors.

	REG.	SALE
Casalon.....sq. yd.	\$13.95	\$10.95
Breckenwood.....sq. yd.	\$14.95	\$10.95
Sun Mist.....sq. yd.	\$13.95	\$10.95
Sun Isle.....sq. yd.	\$14.95	\$10.95
Texture Mates.....sq. yd.	\$14.95	\$10.95



ANY ANTRON® by Milliken is available NOW at tremendous savings!

Norwell Carpet, Inc.

428 Washington St., Rte. 53, Norwell
878-7030 — 545-4447 — Open Daily 9:30 to 6:00

